### **Special Events**



Norfolk
Senior
Olympics.
Held annually
in May.

Senior Fish Fry. Held each summer at Ocean View.

Sweethearts on Parade. Held annually in February.

## <u>60+ Club</u>

#### **Meets every Wednesday**

Ocean View Senior Center 600 Ocean View Avenue Norfolk Va. 23503

#### **Mission Statement:**

Maturity and Friendship in Harmony

Time: 11a-12p

Lunch after each meeting: 12p-1p

Dancing after each meeting: 1p-3p

#### **RECREATION, PARKS & OPEN SPACE**



Recreation, Parks & Open Space
City of Norfolk
501 Boush Street I Norfolk, VA
(757) 441-2400
Norfolk.gov/RPOS
Facebook.com/NorfolkRPOS

# Recreation, Parks & Open Space Senior Services



#### **Ocean View Senior Center**

600 E. Ocean View Avenue

Norfolk Virginia 23503

757-441-1767

#### **Southside Senior Center**

925 South Main Street

Norfolk, Virginia 23523

757-664-6484





Mission: To provide all city of Norfolk residents, age 55 and better, with

quality educational, physical, social and cultural activities and programs that enhance their life through skillbuilding, self-renewal and fun.

This mission is supported through structured programming offered by the Department of Recreation, Parks & Open Space (RPOS) at the City of Norfolk's two senior centers; Ocean View and Southside. The RPOS Senior Services program also supports the events and activities offered by various senior clubs located at recreation centers throughout the city.

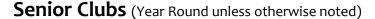
Additional fee-based programs for seniors, such as technology education, and arts and crafts, are also offered on a quarterly basis.

#### **Health and Wellness**

The RPOS senior centers offer quality fitness and wellness opportunities for our Seniors.

Fitness courses such as chair aerobics, yoga and zumba are offered on a seasonal basis at

the senior centers. Monthly wellness forums are held at one of the two senior center locations. Forums include informative presentations by local wellness experts. Each quarter a health and wellness expo is offered at a Norfolk senior center. Participants can enjoy a variety of vendors and free health and wellness screenings.



#### **Bayview Recreation Center**

8613 Willow Terrace, Norfolk Va. 23503 Phone: (757) 441-1626 Club Hours: Fridays from 9a-3p

#### **East Ocean View Community Center**

9520 E. 20th Bay Street, Norfolk Va. 23518 Phone: (757) 441-1785 Club Hours: Thursdays from 10a-3p (Sept-May)

#### **Huntersville Community Center**

830 Goff Street, Norfolk, VA 23504 Phone: (757) 664-7434 Club Hours: Tuesdays from 11a-1p (Sept-May)

#### **Ingleside Recreation Center**

940 Ingleside Road, Norfolk, VA 23502 Phone: (757) 441-5675 Club Hours: Wednesdays from 10a-12n

#### **Lambert's Point Community Center**

1251 W. 42nd Street, Norfolk, VA 23508 Phone: (757) 423-1088

Club Hours: Wednesdays from 10a-1p (Sept-May)

#### **Norview Community Center**

6380 Sewells Point Road, Norfolk, VA 23513
Phone: (757) 441-1440
Club Hours: Wednesdays from 11a-2p (Sept-May)

#### **Sherwood Forest Community Center**

4537 Little John Drive, Norfolk, VA 23513 Phone: (757) 441-5824 Club Hours: Thursdays from 10a-1p (Sept-May)

#### **Tarrallton Community Center**

2100 Tarrallton Drive, Norfolk, VA 23518 Phone: (757) 441-1765 Club Hours: Fridays from 11a-1p

#### **Titustown Recreation & Visual Arts Center**

7545 Diven Street, Norfolk, VA 23505 Phone: (757) 441-1259 Club Hours: Tue/Thur from 10a-2p

#### **Young Terrace Community Center**

804 Whitaker Lane, Norfolk, VA 23510 Phone: (757) 441-2692 Club Hours: Tue/Wed from 10a-2p